

# More than you can eat...

Take a look at what might be the world's biggest yoghurt tub

**JBJ REPORTER**

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IMAGINE a tub of yoghurt so big you could almost swim in it.

It's so big the people behind it hope it will win a Guinness World Record for the biggest tub of yoghurt.

People in Germany hold the record for a tub that holds 100 litres of yoghurt - imagine 100 litres of milk to get an idea of how much that is. Now imagine 500 litres, in a 1.5m-high tub.

The dairy Fair Cape, Checkers and Rooibos Ltd are hoping to win the record today when the giant tub goes on display at the central court at Canal Walk between noon and 1pm.

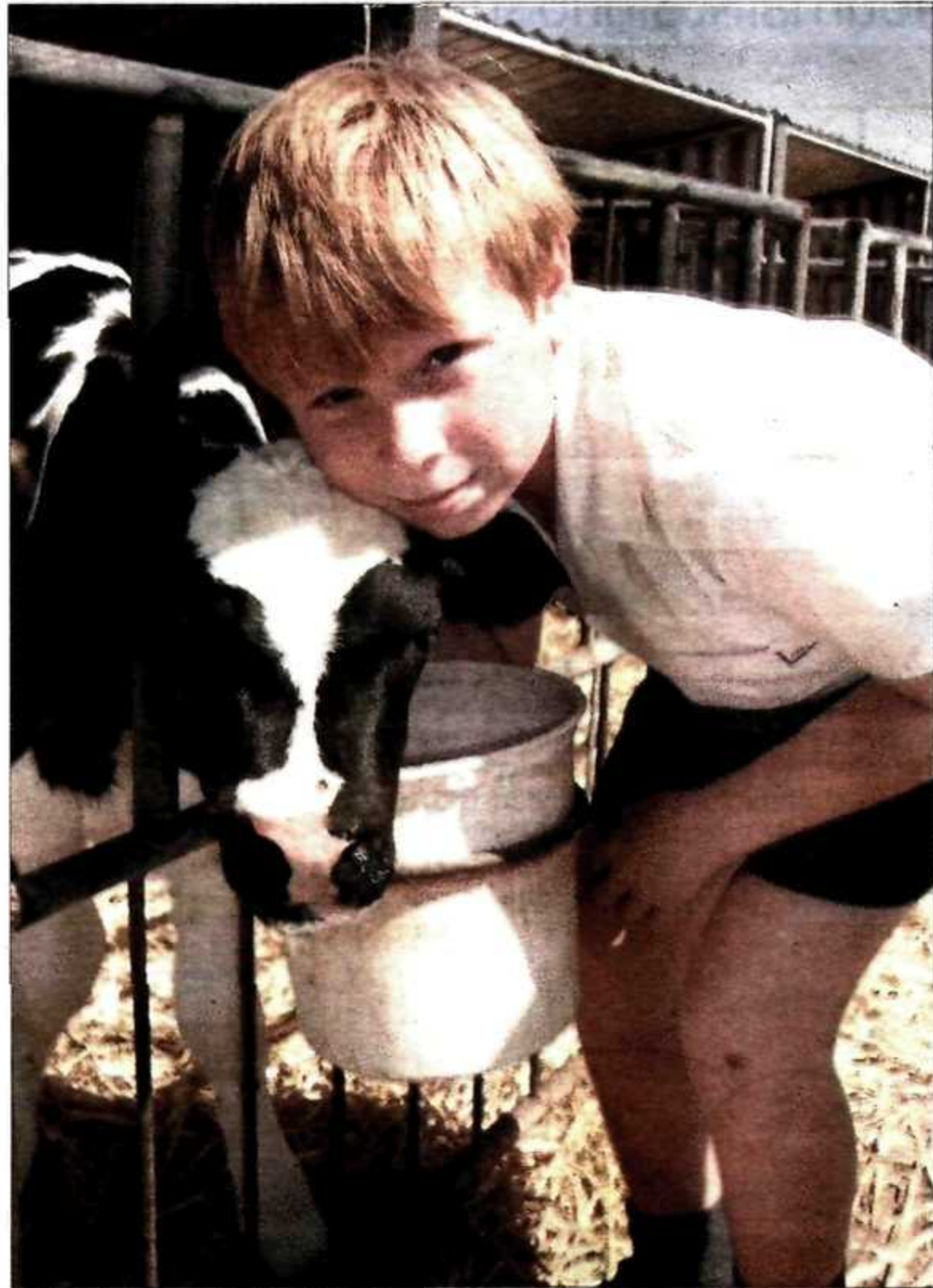
The giant tub will have a tap at the bottom, and after everyone's seen it, you'll be able to buy a little tub of the rooibos-flavoured yoghurt.

The money raised will go to Reach for a Dream, a charity that helps to make children's dreams come true, and the Canal Walk Foundation.

To add to the fun, *Idols* winner Sasha-Lee will perform.

Visit [www.faircape.com](http://www.faircape.com) for more information.

YOGHURT is rich in protein, calcium, riboflavin, vitamin B6 and vitamin B12. Yoghurt also has medicinal uses, in particular for treating a variety of gastrointestinal conditions and preventing antibiotic-associated diarrhoea. Yoghurt promotes good gum health.



MMMMOOOO: Yoghurt is made from cow's milk and probiotic cultures, or 'good' bacteria.